

## Appointment

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**From:** OCSPP\_Training\_Opportunity [OCSPP\_Training\_Opportunity@epa.gov]  
**Sent:** 8/5/2021 11:36:31 AM  
**To:** OCSPP\_Training\_Opportunity [OCSPP\_Training\_Opportunity@epa.gov]; OCSPP ALL [OCSPP\_ALL@epa.gov]; Ramsey, Jody [Ramsey.Jody@epa.gov]  
**Subject:** Health and Wellness Wednesday "The Art of Line Dancing"  
**Location:** Microsoft Teams Meeting  
**Start:** 9/22/2021 4:00:00 PM  
**End:** 9/22/2021 5:00:00 PM  
**Show Time As:** Free

**Required Attendees:** OCSPP ALL; Ramsey, Jody

We are culminating our fiscal year with fun, line dancing! OPS invites you to join our Health and Wellness Wednesday event on Wednesday, September 22, 2021 from 12:00 to 1:00.

Line dancing is a choreographed dance with a repeated sequence of steps. Participants line up in rows and execute the same movements in a synchronized manner. Dancing is a perfect form of exercise because it provides the benefits of an aerobic workout that helps maintain a healthy heart.

Join EPA's own Jody Ramsey to get your exercise and SWEAT on while grooving to some great music! For over seven years, she has taught in person, and in the last 16 months, she's hosted a Facebook LIVE line dancing class. Jody will show you the entire dance, and then she'll turn off the music and break down the dance step by step! You are guaranteed to have a FUN time! So, tune in on Teams on September 22<sup>nd</sup> at noon. Hope to see you there.

All are welcome to join.

Best,

OPS Training and Development Team

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## Microsoft Teams meeting

### Join on your computer or mobile app

[Click here to join the meeting](#)

### Or call in (audio only)

**Ex. 6 Personal Privacy (PP)** United States, Washington DC

Phone Conference ID: **Ex. 6 Personal Privacy (PP)**

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